



AL-ANEWS

Al-Anon Family Group Service (AFGS)

HOUSTON INTERGROUP □ 9800 Northwest Freeway, Suite 201 □ Houston, TX 77092
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Volume 2010 - 4th Quarter

October, 2010

Hello from your local Al-Anon Intergroup!

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One of our main goals this year is to make folks aware of what we do! Intergroup is an Al-Anon Information Service established by the groups and districts within its geographical boundaries. Its purpose is to aid the groups it services in the common purpose of carrying the Al-Anon message to the families and friends of alcoholics in the following ways:

1. Have local phone number and website for people seeking Al-Anon information
2. Function as channel for World Service Office to disperse information to local groups... for instance... We hear there is a new book coming out next year!
3. In cooperation with Group Records Coordinator, we update and publish on the website, and in hardcopy, a directory of meetings
4. Plan and conduct program/exchange meeting where the group chairpersons exchange teams of speakers for a scheduled period. This allows new thoughts, ideas and sharing of experience, strength and hope!
5. Serves as an avenue for local public outreach work cooperating with the professional community and institutions
6. Maintains and sells Conference Approved Literature to groups and individuals
7. Holds quarterly meetings attended by all ISR's to communicate activity, including financial updates
8. Prints and distributes a newsletter of local Al-Anon / Alateen activities

If you don't have an ISR, or Information Service Representative, elect one! We have over 200 meetings in the area and only 2 dozen or so attend the quarterly meetings! This role is crucial to keep communication flowing between groups and Intergroup. Forms for ISR registration are in this newsletter or may be found at www.houstonalanon.org/.

Carrying the message, as suggested in the Twelfth Step, is Service. In keeping with Tradition 5 and 11, we want to encourage communication within groups and be a resource to the community. We urge you to get involved! Our "Let It Begin with Me" campaign has been established to increase communication and service. We encourage you to:

1. Elect an ISR in your group, or if you have one, ask them to register so we can send the information on the location and agenda for quarterly meetings
2. Help organize speaker meetings
3. Volunteer in your Intergroup office stamping / selling books, making copies etc
4. Be a phone volunteer one evening a month ...so easy from the comfort of your home phone, or cell phone

Please call 713-683-7227 or email alanon@houstonalanon.org to volunteer! Look forward to hearing your ideas and seeing more members and groups involved.

Remember "Let it Begin with Me"

Thank you!

Your Al-Anon Intergroup

LET IT BEGIN WITH ME

When anyone, anywhere reaches out for help

Let the hand of Al-Anon and Alateen always be there and

LET IT BEGIN WITH ME

Meet the Intergroup Board of Directors

TITLE	NAME	EMAIL	TERM ENDS
Chair	Deanna H.	deannah@houstonalanon.org	May, 2011
President	Annette T.	annettet@houstonalanon.org	May, 2012
Treasurer	Mike J.	mikej@houstonalanon.org	May, 2011
Secretary	Pattie T.	pattiet@houstonalanon.org	May, 2012
Board Member/Nominating Committee	Lou L.	loul@houstonalanon.org	May, 2012
Board Member/Fundraising	Robin O.	robino@houstonalanon.org	May, 2012
Board Member/Area Liaison	Shirley C.	shirleyc@houstonalanon.org	May, 2012

Each member may be reached via email (above) or by calling the Al-Anon Office: 713.683.7227

Meet the Office Staff

Office Manager—Connie D.
Office Assistant—Mary M.

FACE FACE Corner

What is Face to Face?

This is a fundraiser for the Houston Intergroup Office. Historically we have had two a year—one in the spring and one in the fall.

What is the program format?

Suggested formats include a day filled with fun, food, and fellowship. It can include workshops, speakers, raffles, panel of the faces of Al-Anon, Steps or Traditions or Concepts workshops, etc. The possibilities are

unlimited for sharing the principles of the program with each other.

Who hosts the Face to Face?

It can be hosted by the Intergroup Board, or any group or district within our service area which includes all groups in Districts 4, 5, and 7.

How do we volunteer?

Contact Board Member Robin O. at robino@houstonalanon.org or the AFGS Office at alanon@houstonalanon.org.

OPPORTUNITIES FOR GRATITUDE IN ACTION THROUGH SERVICE

- **Face to Face Volunteers**
- **Information Service Representative (ISR) for your group**
- Office Volunteers
- Phone Volunteers
- Twelve Step Volunteers
- Serve as Board Member

Information Service Representative Registration

Please complete and return to the Houston Intergroup Office.

ISR Name _____

ISR Contact Info: email address _____

Phone _____

Group Name _____

Group WSO ID _____

District No. _____

Group Current Mailing Address (CMA) _____

Forms will also be available at the next Intergroup Service Representative (ISR) meeting on Sunday, November 7, 2010 at Chapelwood United Methodist Church—11140 Greenbay—Houston

Carrying the Message

The website and telephones provide a great opportunity for carrying the message of hope and outreach to others by providing information on what Al-Anon and Alateen is and when and where meetings and events can be found.

2010	JAN	FEB	MAR	APR	MAY	JUN	JULY	AUG
Office Calls	280	239	310	263	284	366	306	306
After Hours	34	39	36	30	45	37	40	36
Spanish Calls	19	23	20	22	26	37	22	23
Webpage Visits	2115	1922	1928	2326	2369	2149	2045	2193

How can you be a part of this?

- Be a volunteer to answer the phone after hours.
- Work with your DR and the Intergroup office to keep group information most current on our website, with your District, the Area, and World Service Office (WSO)
- Provide current events info of your group and/or district for Calendar of Events
- Be a Twelve Step volunteer
- Volunteer your time at the Intergroup office
 - ◇ Stamp & Price Literature
 - ◇ Restock front shelves & pamphlet rack from store room
 - ◇ Label store room shelves
 - ◇ Shred duplicate receipts located in the Shred box
 - ◇ Make bookmarks for sale
 - ◇ Assist with Inventory Audits

Have you thought about?

Personal contributions to the Houston Intergroup are welcomed.

Possible considerations:

- ◇ *a monthly contribution*
- ◇ *\$1 for each year you have been in Al-Anon /Alateen*
- ◇ *In memory or in honor of an Al-Anon/Alateen member*

Did you know?

When you buy from your local literature distribution center (Houston Intergroup), you support your local services.

HOPE FACE

April 16 , 2011

Zion Lutheran Church—Houston

Intergroup Board will host with help of volunteers of groups or individuals for Registration, Program, Hospitality, Decorations, Literature, etc.

All Volunteers Are Welcomed

Three members of the Serenity Group in Lake Jackson came for a tour of the Intergroup Office and to find out what they could do as a volunteer. They wanted to know if we could use a volunteer who had disabilities.

We concluded that the volunteer could help count the inventory. We also directed them to the WSO site * for those who are disabled. They were delighted to see all the possibilities , knowledge and growth opportunities available if they used these services.

*Check out our Link to WSO www.houstonalanon.org/materials/S-14.pdf, Directory for Members with Special Needs (S-14)

From the Districts

District 4

Made up of counties—all of Brazoria, Fort Bend, Galveston, Matagorda and Wharton counties, except League City which is in **District 5**

District 4 participated for our second year in “Cruisin 2 Recovery”, a recovery outreach conference in Galveston, on September 26. Thank you to Vicky J, District 4 Public Outreach Coordinator, and Lizz S. for spearheading our participation committee. Al-Anon Faces Alcoholism (the Al-Anon Public Outreach Forum), meeting schedules, and various pamphlets were handed out to conference attendees.

A special thank you to four groups in Galveston who jointly hosted our August District meeting. Rosie M., our Area Delegate, presented her 2010 World Service Conference report. What an opportunity to discuss the links of service, how it works from Group Representative (GR) to Delegate, and the importance of the GR in the process. Keep the link to your group connected by active representation through your GR.

◇ A new group, Survival to Recovery AFG, meets on Sundays at 6:00 pm at Seaside Baptist Church—16534 FM 3005—Galveston. It is located in the smaller building on left and is a closed Adult Children’s meeting.

◇ Spring in Your Step AFG—2245 N. Main Street—Pearland has started a book study on Thursdays at 12 noon.

Join us for the **East Texas Al-Anon/Alateen Area Assembly, “Celebrate—Circle of Hope” on November 12-14, 2010** at the Pearland Community Center—3523 Liberty Drive—Pearland 77581. Hotel Accommodations will be Hampton Inn—6915 Broadway Street—Pearland, 832-736-9977. Rooms will be \$79 + tax per night if reserved by November 5. To receive quoted rate, please use Group Code **ETA** when making reservations. District 4 is the Hosting District and District 5 is the Support District. Noon luncheon tickets (instead of Saturday night banquet) are \$15. See Links of Service in action along with fun, food, fellowship. Registration forms can be found at www.houstonalanon.org, Houston Intergroup website.

Concept 4—Participation is the key to harmony.

Joyce Y, District Representative D4

District 5

Made up of counties—all of Harris County, plus cities League City, New Caney and The Woodlands

Sounding off from District 5! If you attend Al-Anon or Alateen’s meeting, please consider attending a District meet in District 5. Here are the Top 5 Reasons to attend: 5) Providing accurate group meeting information: i.e. locations, contact, and phone numbers to assist those still suffering from the disease of alcoholism in finding a place with hope. 4) Sharing ideas that work with other groups to strengthen our meetings. 3) Hearing updates from the Al-Anon Intergroup office and World service issues for Al-Anon and beyond. 2) Representing your group in District by having a voice and vote in issues for Al-Anon and beyond. 1) Keeping the triangle of recovery in motion. Recovery (Through the Steps), Unity (Through the Traditions), Service (Through the Concepts). If District 5 has a Current Mailing Address (CMA) contact for your group, a letter was sent out to your group inviting all to a District meeting. I hope to see you at the next one November 7th at Zion Lutheran Church - 3606 Beauchamp (at Pecore) - Houston, Texas 77009 from 2 - 4 PM. We are currently working with District 4 preparing for the upcoming November Assembly to be held in Pearland. Many folks signed up as volunteers and could use more. Attend the November D5 meeting and signup. During our 9/12/10 D5 meeting, everyone helped to sticker the 2011 Al-Anon Faces Alcoholism publication. (Thanks to Danita for ordering them and bringing them to the meeting) The sticker included the phone numbers for Intergroup Office, both English and Spanish phone lines. I want to thank everyone for their help to sticker all of the publications during the meeting. We then handed them out to all in attendance. That is our Public Outreach Service Project for years end. It is a publication written for and by professionals about Al-Anon and what it can do for the family of a loved one suffering from the disease. We encouraged everyone to read it, then to leave it somewhere for another person to read about the hope of the program. The Spanish groups in D5 are doing very well. All of the current groups are now registered with WSO which is wonderful. Thank you Anita (D5 Spanish Coordinator) for keeping the groups connected. Rosie M., our Area Delegate, presented her report from the April 2010 WO Conference along with a skit about the Group Conscience process. Everyone had fun participating in the skit as well and hearing the news of how it works. We are preparing for the 2011 year encouraging everyone to consider serving as an Officer or Coordinator as elections will be held November 2011 which we think is a long way off. But it will be here before we know it. Thank all of you for being part of the wonderful fellowship of hope. Let’s share the work and keep coming back.

In Service,

Lorna F, District Representative D5

District 7

Made up of counties—all of Austin, Brazos, Burleson, Colorado, Fayette, Grimes, Madison, Milam, Montgomery, Robertson, Walker, Waller, and Washington counties, except cities New Caney and The Woodlands which are in **District 5**

The next district meeting will be Saturday, October 9 at 10:00 a.m. at MHMR Building—Texas Avenue—Bryan. The district currently has 5 certified Alateen sponsors.

Rennie T, District Representative D7

Group Contributions — January 1—September 30, 2010*(Tradition 7 in Action)*

ACOA, Lambda Ctr.	How Al-Anon Works AFG (Cenacle)	Rainbow ACA, Gloria Dei Luthern Ch
Al-Anon in the Park	In All Our Affairs, AFG	River Oaks Discussion AFG
Al-Anon Works AFG, Alvin	Jackson Hill AFG	Riverpointe AFG
Alvin AFG	Just for Today Thursday Morning AFG	Rose-Rich Center
Anonymous	Katy Fifth Street Al-Anon	Santa Fe AFG
Atascocita AFG	Katy Rainbow AFG	Saturday's Child AFG
Bear Creek Care Bears AFG	Lambda AFG, Tues.	Saturday Night Serenity AFG
Blue Dolphin AFG	Lambda Thrs. 800 PM	Saturday Serenity AFG
BOD/ISR Meeting-Sun.	Live & Let Live	Serenity Now AFG
Bunkerhill Wednesday Morning AFG	Lunch Bunch AFG	SERENITY WOODLANDS AFG
Celebrating Serenity AFG	Main Course Step and Tradition AFG	SOS Seeking Our Serenity
Changed Attitudes	Mid-Week AFG	Spring AFG
Chapelwood Discussion AFG	Middlebrook Womens Family Group AFG	Sunday AFG; CAL Lambda Center
Copperfield AFG	Monday Brown Bag, St. Pauls	The Right Step AFG
COURAGE TO CHANGE AFG	Monday Nite Acceptance	The Sunday Night Seekers
Cy-Fair H.U.G.S. AFG	Monday Nite Mens, Woodlands	The Way AFG
Cypresswood AFG	New Beginnings AAC, Woodlands	The Woodlands Friendship AFG
Discussion AFG, St. Vincent de Paul	New Freedom	Thursday Men's Club AFG
Double Winners AFG	Parents of Alcoholics AFG, Memorial	TLC AFG
Eldridge Road Al-Anon	Parents of Alcoholics AFG, Katy 225.00	Town & Country Discussion AFG
Grupo Central	Paths to Recovery AFG, St Vincent De Paul	Tuesday Beginner AFG , Lambda Center
Grupo Unidad	Paths to Recovery, 1ST UMC	Tuesday Night Serene AFG
Healing Through Feeling AFG	Peaceful AFG	Tuesday Noon Discussion AFG, St. Luke's
Heights Group	Pearland AFG	Unity North AFG
Heritage Group	Pines Rainbow	University AFG
Hopeful AFG	Progress Not Perfection	Weekend Relief AFG

Total Group Contributions \$16,715.21**Thank You!****Calendar of Events**

Oct 3, 2010	2:00 p.m.	District 4 Meeting - Santa Fe
Oct 9, 2010	10:00 a.m.	District 7 Meeting—MHMR Building, Texas Avenue—Bryan
Nov 7, 2010	2:00 p.m.	District 5 Meeting - Zion Lutheran Church - Houston
Nov 7, 2010	2:00 p.m.	Board of Directors (Intergroup) Meeting - Chapelwood UMC—Houston
Nov 7, 2010	3:00 p.m.	Intergroup Service Representatives (ISR) Meeting—Chapelwood UMC—Houston
Nov 12-14 2010		ETAAA Assembly " Celebrate - Circle of Hope " - Pearland Community Center 3523 Liberty Drive—Pearland
Dec 11, 2010	9:00 a.m.	District 4 Meeting - Place TBA
Jan 30, 2011	2:00 p.m.	Board of Directors (Intergroup) Meeting - Chapelwood UMC—Houston
Jan 30, 2011	3:00 p.m.	Intergroup Service Representatives (ISR) Meeting—Chapelwood UMC—Houston
Feb 18-20, 2011		ATAAC (All Texas Al-Anon/Alateen Conference) DFW Marriott Champions Circle Hotel/Golf Club—Ft. Worth/Alliance, TX 76177
April 16, 2011		Spring Face-to-Face - Zion Lutheran Church—Houston
May 20-22, 2011		ETAAA Assembly - Wingate Hotel & Conference Center - 1209 North IH 35 - Round Rock, TX 78664
July 5-7, 2013		Al-Anon International Convention - Vancouver, B.C.

AFGS

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